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This is a Continuation of U.S. Patent Application Serial No. 09/152,979, filed on September 14, 1998, which is a Continuation-In-Part of U.S. Patent Application Serial No. 08/963,795 filed November 4, 1997, now U.S. Patent No. 6,131,268, issued October 17, 2000, which is a Continuation-In-Part of U.S. Patent Application Serial No. 08/658,595 filed June 5, 1996, now U.S. Patent No. 5,799,387, issued September 1, 1998.- -

Sub

Please cancel claim 1-35 and substitute therefore new claims 36 - 44 as follows:

--36. An elongate cylindrical stack of laminae, said stack having a substantially circular cross-section, said stack comprising at least one first lamina and at least one second lamina, each said laminae having a rectangular shape and having a width and a length, said rectangular shape defining a narrow end, said length of each said lamina being substantially greater than its said width, said first lamina being the widest of all laminae in said stack, said second lamina width being less than said first lamina width, said lengths of all said laminae being substantially identical, each said laminae including an interlock slot, said stack including a top lamina and a bottom lamina, each said laminae, except one of said top lamina and said bottom lamina, having an interlock tab for interlocking interference engagement with the interlock slot of an adjacent lamina in said stack, each said lamina in said stack interlocked to another said lamina, said stack having a substantially planar surface defined by said narrow ends of said laminae, said planar surface including one of a groove and a ridge which extends substantially perpendicular to said widths and said lengths. - -

- -37. The stack of Claim 36, wherein each said lamina is flexible.- -

- -38. The stack of Claim 36, wherein each said lamina has a grain and a longitudinal axis in the longitudinal direction of said rectangular lamina, said grain extending substantially parallel with said longitudinal axis.- -